

DO YOU HAVE ARTHRITIS?

Would you like
a way to help
relieve some of
the pain?

Would you
like to
increase your
sense of
well-being?

Join a physical
activity class!

These classes are specially designed to increase
flexibility, reduce pain and stiffness, and
improve muscle strength.



The following classes are offered:

PACE (People with Arthritis Can Exercise)

FREE

Twin Falls Senior Center

530 Shoshone St. S.

Monday, Wednesday, Friday 1:30-2:30 p.m.

PACE (People with Arthritis Can Exercise)

\$2 per class

Filer Senior Haven

222 Main Street in Filer

Monday, Wednesday, Friday 1:30-2:30 p.m.



Arthritis Walking Class

FREE

First Christian Church

601 Shoshone St. N.

Tuesday & Thursday 5:15-6:15 p.m.

Arthritis Foundation's Aquatics Course

Twin Falls YMCA/City Pool

756 Locust N.

Monday, Wednesday, Friday 9-10 a.m.

For more information, please call
Susie Beem, Arthritis Program Coordinator,
South Central District Health, at 737-5946.